Caregiver Support Groups Lifespan Respite

OFFICE ON AGING PO BOX 4210 HELENA, MT 59624

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Alzheimer Association Caregiver Support Adult Resource Alliance of Yellowstone County 1505 Avenue D – 2nd floor (406) 652-6989 (Nadine or Lea Ann)

4th Monday Noon

2nd Wednesday

Caregivers Support Group Billings Clinic Downtown Basement Room 1 801 North 29th Street (406) 238-2878 (Diane)

Alzheimer Association Support Group

2nd & 4th Monday 11 AM

Big Horn Resort 1801 Majestic Lane (406) 281-8455 (Amy)

Caregiver and Family
Mary Alice Fortin Conference Center
2800 Tenth Avenue North
Billings, MT

2nd Monday 7:30 PM

Highgate Senior Living 3908 Parkhill Drive (406) 651-4833 (Dot)

2nd Tuesday Call for time

Marquis Grand Park Assisted Living 1221 28th Street West (406) 652-6989 (Nadine) 3rd Tuesday 2 PM

Parkinson's Support Group Mary Alice Fortin Conference Center Billings Clinic Hospital 2800 10th Avenue North (406) 25-5235 (Ruth) 1st Wednesday 4 PM

West Park Village 2351 Solomon Avenue – 2nd floor (406) 652-4886 1st & 3rd Wednesday 2 PM

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Bozeman "Forgetters" Support Group 2nd Wednesday 1 PM **Bozeman Senior Center** 807 N. Tracy Bozeman, MT (406) 586-2421 2nd & 4th Thursday Alzheimer Association Support Group 4 PM Spring Creek Inn 1641 Hunters Way Bozeman, MT (406) 586-0074 (Alisha) 3rd Wednesday MS Support Group 3 PM **Bozeman Senior Center** 807 N. Tracy Bozeman, MT (40) 586-2421 **Butte** Caregiver Support Group Alternate Tuesdays 1 PM **Belmont Senior Center** 615 Mercury Butte, MT (406) 723-7773 Alzheimer Association Support Group 2nd Tuesday 7 PM Marquis Vintage Suites 300 Mount Highland Drive Butte, MT (406) 494-0083 (Shelly) **Eureka**

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North Co. Medical Center

(406) 297-2541 (Karen)

Conference Room 1343 Hwy 93 Eureka, MT 1st & 3rd Tuesday

4 - 6 PM

Great Falls

Alzheimer Association Support Group 2nd Thursday 6:30 PM

Missouri River Care & Rehab

1130 17th Avenue South

Great Falls, MT

(406) 771-4500 (Amy)

Highgate Senior Living Last Wednesday Noon

3000 11th Avenue South

Great Falls, MT

(406) 454-0991 (Melanie)

Caregiver Support Group 3rd Monday Noon

Benefis Sletten Cancer Institute

Hope Room

Great Falls, MT

(406) 454-6980 (Jona)

*Some support groups are being broadcast using video conferencing to towns throughout Northcentral Montana. Call Karyn at 406-731-5588 for availability.

Video conference Locations: Big Sandy Medical Center, Liberty Medical Center-Chester; Sweet Medical Center-Chinook; Teton Medical Center-Choteau; Pondera Medical Center-Conrad; Missouri River Medical Center- Fort Benton; Northern MT Hospital-Havre; Central Montana Medical Center – Lewistown; Phillips County Medical Center – Malta; and Marias Medical Center – Shelby.

Hamilton

Valley View Estates 1st & 3rd Fridays 1 PM

225 N. 8th Street

Hamilton, MT

(406) 363-1144 (Katie)

Helena

Alzheimer's Support Group 2nd Tuesday/4th Thursday 7 PM

900 N. Montana Avenue

Helena, MT

(406) 431-0452 (Cindy)

Libby

Libby United Methodist Church Tuesday 2 PM

713 Main Avenue

Libby, MT

(406) 293-4937 (Dorothy)

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Kalispell TBI and Caregiver Support Group Summit Conference Room 205 Sunnyview Lane Kalispell, MT (406) 756-4720	2 nd Monday	6 PM
Buffalo Hill Terrace 40 Claremont Street Kalispell, MT (406) 752-9622 (Kaye)	3 rd Monday	3 PM
Miles City Alzheimer's /Dementia Support Group Friendship Villa – in the Sun Room 2300 Wilson Beth Wiedeman (406) 874-2687 Or Vicki Clear (406) 234-6034	2 nd Thursday	1:30 PM
Missoula Caregiver Support Group Missoula Aging Services 337 Stephens Missoula, MT (406) 728-7682 (Sara)	3 rd Tuesday	4 PM
Alzheimer's Association Support Group Mountain West Bank-Community Room 3301 Great Northern Way Missoula, MT (406) 549-3433 (Jackie)	2 nd Wednesday	Noon
Alzheimer's Association Support Group St. Patrick's Hospital 500 W. Broadway – Conference Room B Missoula, MT (406) 549-3433 (Jackie)	4 th Monday	6:30 PM
Caregiver Support Group and Education Good Life Learning from the Goodman Group The Village Senior Residence 2815 Old Fort Road Missoula, MT (406)549-1300 (Sarah)	Wednesdays	Noon

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Polson

Alzheimer's Caregiver Support Group

Presbyterian Church of Polson

301 4th Avenue E

Polson, MT

(406) 849-6207 (Arleen)

Cheerful Heart Cancer/Caregiver Support Group 2nd & 4th Monday Noon United Methodist Church 301 16th Avenue Polson, MT (406) 883-7284 or (406) 824-2868 (Tammy)

Alzheimer's Telephone Support Group

The Alzheimer Association, National Chapters provide a telephone support group for caregivers of individuals with Alzheimer's disease and related dementias. The purpose is to reach out to those caregivers who could benefit from a support group, yet find it difficult to travel to a meeting site or a meeting site is not available in your community.

For information about joining the telephone support group, call Kelli Moorehead, toll free: 1 (800) 272-3900.

Caregivers Training

The Montana State University Extension Offices offer an educational program designed to provide the tools needed for caregivers to take care of themselves so they can continue to be an even more effective caregiver. The class consists of six 2-hour sessions. Participants receive the Caregiver Helpbook, handouts and numerous resources.

For more information about caregiver training and support in your area, call:

- Aging and Disabilities Resource Center or the Area Agency on Aging at 1-800-551-3191
- Local County Extension Office for information about classes in your area http://www.msuextension.org/health/Powerful_Tools.html http://www.powerfultoolsforcaregivers.org/book-store/

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